



Chingford Relays 11th March at Wanstead Flats 4x 300m

Subject: Chingford Relays 11th March at Wanstead Flats 4x 300m

Message from Gary Floate February 12, 2023 19:06

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

The following have confirmed they want to run the chingford relays on 11th March

Seniors V40 V50 V60

Steve Crane Gary Floate Neil Crisp

Fabrizio Stefano Andy Catton

Seniors V50 V60

Jordan Hinds Pauline Tester Di Crisp

Zuzana Sinalova

As previously advised if you dont contact me directly. I was assume you dont want to run and wont add you. This will also apply to essex relays

If you need to respond to this email please do not reply but contact Gary Floate separately